



# “WHO goes Orienteering”



**President** :- James McQuillan  
Email [president@whorienteers.net](mailto:president@whorienteers.net)

**Secretary** :- Emmanuelle Convert  
Email [secretary@whorienteers.net](mailto:secretary@whorienteers.net)

**Newsletter Editor**:- Ian Miller

**Dharug Country December 2023**



## **TO ALL WHO MEMBERS AND FRIENDS - BEST WISHES FOR A MERRY CHRISTMAS AND A HAPPY NEW YEAR !**

*May the road rise to meet you, May the wind be always at your back. May the sun shine warm upon your face, The rains fall soft upon your fields. May you find what you're seeking wherever you roam. Irish Blessing.*

### **FROM THE PRESIDENT**

With another calendar year coming to a close it gives us an opportunity to look back over the year. A year in which our club turned 40. A year in which we launched 4 new maps. A year in which we named Steve Dunlop as our 6th life member. We've run in the streets, parks and bush all across Sydney. Many of our members have spread their wings across NSW, the ACT and more recently WA and VIC, enjoying the variety of terrain and landscapes that our country has to offer. You may regret some things over the years but chances are you won't regret making memories and we've made plenty this year.

We are lucky in our club to have a number of people that just love orienteering and put their hands up time and time again, so that other people are able to enjoy orienteering too. It goes without saying but our life members have been given the honour due to outstanding service and contribution. This year, two of our members took on the NSW junior team - no small task. For the past five years, the club secretary position has been held by Maureen Fitzpatrick. From a check of the archives, I believe only one person has ever been secretary longer than Maureen, so five years straight is a significant and commendable contribution.

Another long term contributor is Ian Miller. Ian lives and breathes WHO and has been responsible for the newsletter for almost as long as I've been a member (about 10y but who's counting). He seems to have juggled this role whilst being vice-president and also president. As you can see there is always a lot of content, which doesn't just magic itself into the PDF.

Both Maureen and Ian are stepping down from their roles for 2024. I'd like to thank them both for going above and beyond to help our club grow into what it is today. Getting involved is something you won't regret either.

James McQuillan  
President  
Western & Hills Orienteers

**Thank you to all who helped deliver events in 2023.**

**Best wishes for success in your 2024 events.**

## WHO CUP, WHO ANNUAL AWARDS and AGM

A highlight of the WHO events calendar is the annual WHO Cup, this year held in warm humid conditions on Sunday December 10th. 39 WHO-ers gathered at Lapstone Netball Courts to compete on courses set by Dan Smith all aiming to have their names added to the WHO Cup trophies.

Lunch was provided by WHO and hosted by Bel and Dan. Lunch was followed by our annual award presentations and a short AGM.

Many thanks to our hosts Bel, Dan and family, our lunch caterers Rob and Maureen and the helpers who ensured that everyone who wanted to was able to compete. The result was a very successful WHO Cup and the launching of the WSOS for another summer.

## WHO CUP WINNERS 2023

30th running of the WHO Cup and 7th year for the fastest female and male.

**Fastest Female: Savanna Sweeney**

**Fastest Male: Seth Sweeney**

**Handicap (Winner of Chris Crane Cup): Janet Morris**

## WHO Awards 2023

**WHO Club Champion: Savanna Sweeney**

**Club Person (Hank Van Oost) Award: Maureen Fitzpatrick.**

**WHO AGM – The WHO Executive team for 2023-2024 are:**

**President: James McQuillan**

**Vice President: Dan Smith**

**Secretary & Public Officer: Emmanuelle**

**Convert**

**Treasurer: Karen Langan**

**Thank You** to those elected, our retiring office holders and all who helped deliver events in 2023.

## WHO CLUB CHAMPION 2023

**OUR WHO CLUB CHAMPION for 2023 is**

**Savanna Sweeney.** Congratulations on topping off a great year. Savanna completed 58 events and won selection in the Australian Schools Honour Team for the second year in a row.

## WHO CUP WINNERS 2023



## HANK VAN OOST TROPHY 2023



**Thank you Maureen for 5 years excellent service.**

## NEW MEMBERS

**Welcome to Charlotte, Tiffany and Matt Palmer, Tahlia Chapman, Iona and Magdalena Maple and Anne Newman.**

Great to have you as part of the WHO team. We look forward to seeing you at events. New members receive a free blue WHO polo shirt. Please make yourself known to Ian Miller.

## **WHO 2023 HEADLINERS**

**WHO had a great 2023. Some highlights were:**

### **WHO CELEBRATED ITS 40TH BIRTHDAY**

In June, past and current members celebrated our major milestone and recognised Steve Dunlop's contribution with Life Membership.



## **NATIONAL LEVEL ACHIEVEMENTS**

### **WHO has two Australian Champions.**

**Levi Coady** won the M10A class in the Long Distance event.

**Lee Coady** won the M35A Middle Distance and was 3rd at the M35A Sprint Distance. Lee was also a member of the NSW M45A relay team that placed second.

### **WHO member selected in Australian Team.**

**Savanna Sweeney** was selected in the Australia Schools Honour team. Included in her results at the Australian Schools Championships was being second Australian home in the Girls 15 and Under Sprint distance. (Picture later). Savanna was also a member of the NSW W16A relay team that placed second.

### **WHO members success at the AOC.**

**Lee Coady** capped off a successful Australian Championships Carnival, placing 1st, 1st, and 2nd in the Men's Hard C Course at the three day Kambarang Classic and **Saffron Sweeney** placed 3rd, 2nd and 5th in the Women's E section.

**Saffron Sweeney** was the 2023 NSW Schools Team Manager and **Lee Coady** the 2023 NSW Schools Squad Coach at the Australian Championships.

## **STATE LEVEL ACHIEVEMENTS**

### **WHO is ranked third in NSW**

On the State League table WHO achieved 3rd place.

### **WHO members won seven state titles**

plus eight second places and 4 third places and three OY of the Year age group winners.

### **Four juniors selected to represent NSW**

Four WHO members were select in the NSW Schools team for the Australian Championships – **Matilda, Lachlan, Shay and Savanna.**

**Metro League.** During the 2023 season WHO had teams in each of the six divisions. WHO provided the top scoring individual in three of the six divisions. Congratulations to our 2023 Best Individual winners:

**Div 1 - Seth Sweeney (WH)**

**Div 2 - Lee Coady (WH)**

**Div 5 - Shay Sweeney (WH)**

### **WHO delivered two NSW Schools**

**Championship events** with the sprint on Saturday at Kings School and the bush event on Sunday at Mulgoa. Congratulations to the organising and delivery teams.

## **NOTABLE ACHIEVEMENTS**

### **How about that for a long walk!**

When you were young what was the longest distance you walked in a 24 hours period? How about **44 kilometres** ! Congratulations to **Justine and Aiden** for completing this distance at the Australian Rogaining Championships.

**Seth blitzed it.** At SSS events the aim is to score 600 points by completing the course in less than 45 minutes. The rarely achieved ultimate is to be the sole person at the event to achieve this goal. On 13 December at Willoughby in a field of 199 competitors, Seth cleared the course in 44:45. The only person to score the maximum. Great course planning and exemplary execution.

**Four New maps** In 2023, WHO introduced new urban maps for Kings School, Jordan Springs, South Dural and Fairfield.

**WATCH OUT FOR MORE GREAT ACHIEVEMENTS FROM WHO MEMBERS IN 2024**

## **LATEST WHO NEWS**

**on Facebook at**

<https://www.facebook.com/pages/category/Community/Western-Hills-Orienteers-363738563689907/>

**With MORE WHO INFO on the WHO web site at**

<https://whorienteers.net/Club-News-2023>

## **WHO CLUB MEETINGS**

If you are keen to know more about our club and find out how you can contribute, join us at our next meeting in early February. Details will be announced closer to the meeting. Attend in person or via zoom.

All welcome ! We discuss future WHO events, map making and equipment purchases. It is all very informal. You don't even need to leave home! Watch out for the meeting invitation for details.

Don't hesitate to contact our Secretary Emmanuelle if you have any questions or feedback at [secretary@whorienteers.net](mailto:secretary@whorienteers.net)

**THANK YOU** To the newsletter contributors: Saffron Sweeney, Vivien de Remy de Courcelles, Josh Braidwood and James McQuillan. Extracts from NSW e-bulletins, OA E-news, the NSW Rogaine newsletter, NSW and WHO Facebook and web pages. Photos from Nerise McQuillan, Ian Miller, NSW, SSS and WHO Facebook pages.

## **PHOTOS – Dural**



1. The assembly area at James Henty Oval
2. Saffron at the bottom of the 139 stairs
3. Steve approaching control #5

## **WHO at the Australian Championships**

### **WHO was well represented at Australian Orienteering Championships in Western Australia**

This year WHO had four (two junior boys: Lachlan Coady and Shay Sweeney and two junior girls: Matilda Saunders and Savanna Sweeney) representing NSW at the Australian Schools Orienteering Championships in Western Australia. In addition, I took on the role as NSW Team Manager and Lee Coady took on the role as NSW Team Coach and with Levi there were 7 of us staying at the Swan Valley Adventure Centre for the carnival.



The WHO numbers didn't stop there, Selwyn and Seth Sweeney as well as Karen Langan were at the Australian Orienteering Championships and mid-week Kamarang Carnival.

There was a lot of organisation in the lead-up to the carnival with sorting flights and other transport but the preparation was worth it as the schools team camp and the overall carnival was fantastic. I certainly couldn't have done the role without the help of Lee, Andrew Dun (Assistant Manager from Hastings Orienteering Group) and Martina Craig (Assistant Coach from Newcastle Orienteering Club) as well as others from NSW who came to the carnival – the orienteering community is one I feel very blessed to be a part of.

The maps were quite challenging and as usual I got my money's worth, especially on the long which was an extremely hot day (they moved all the start times an hour earlier as it was predicted to be warm which brought a few challenges which we managed) but I was in good spirits when I finished (I am persistent and managed to come back before course closure) and I made a friend whilst on course (from Tassie).

The carnival had a lot of atmosphere and I particularly enjoyed watching various schools teams run their last person in on the relay day – they even stopped the official medal proceedings for the last schools athlete to be run in with their team. Many made new friends or strengthened existing relationships and it was great to see some mixing with other states' teams by the end of camp. Of course, it was very exciting to see NSW win the trophy as well as having six NSW juniors named in the Australian Honours Team (one being a WHO member: Savanna).

The NSW Schools Team managed to fit in a few sites whilst in WA including King's Park and Rottnest Island on the two rest days and a few of us had a late (red-eye) flight back to Sydney so we went to a beach on the west coast and got to watch the sunset before coming home.

Saffron Sweeney



## Improving your O skills - Route Choices

Comparing runs and route choices after an event is a great way to learn from others. Here are three examples of different route choices between myself and Justine and how they compare in term of time taken between controls.

The very first leg was an obvious route choice for me. My route is marked in blue on the map: I went down to the car park and then along the gully to the first control. I was surprised when Justine told me she went mostly on track which is obviously longer in distance. However when comparing our splits for this leg, it turns out she was faster by 2 seconds and indeed was the fastest runner on that leg. So a longer route at a faster pace worked well for her.



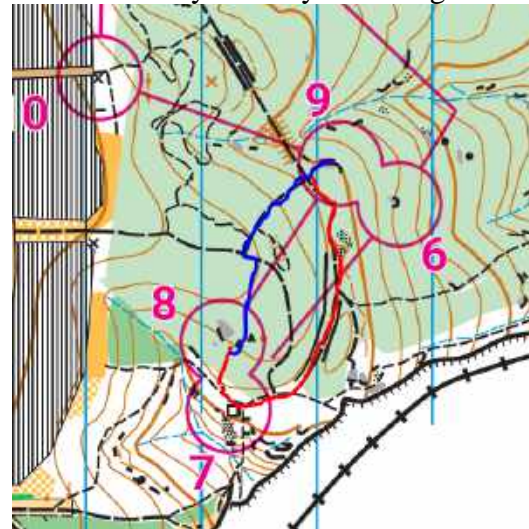
This leg also shows a great piece of course setting which ideally should present orienteers with more than one route option between controls with all route options offering similar timing based on one's abilities and strength.

On the following leg she was probably too keen to run and did not take enough time to check her map.



Her route choice is longer and involves more climbing than mine. I tend to look at the route that is closest to the straight line before considering my options which worked well for me on that leg: I was almost 2 minutes faster.

Finally, on the 8 to 9 leg, I chose the direct route, Justine (and I believe Tahlia and Steve) went back on the track. I walked the whole of this leg and she ran on the track. My shorter route choice had me faster by 55 seconds. Having said that my longer legs would make me comparatively faster when pushing through the scrub as I can step over obstacles more easily so had she chosen the shorter off-track route, she might not have saved any time. There was also less risk to make a navigation mistake for Justine and the others as they were running back a way they had already run. To generalise, even if your route choice is slower than another orienteer's route choice, it might still be the best route for you and your strength.



Now there is another reason Justine chose to run 8-9 on the track: she wanted to run between the embankments of the old railway line because she found it fun. That's the beauty of orienteering (or rogaining or any other bush navigation pursuit), we do not have to try to beat the clock or score more points all the time. It can just be about enjoying time in the bush and exploring new areas.

Vivien

## WHO CLUB CHAMPIONSHIP

Compiled from event results by Barry Pearce

1	Savanna Sweeney	35	David Noble
2	Shay Sweeney	36	Josh Braidwood
3	Justine de Remy de Courcelles	37	Maria Stankova
4	Lee Coady	38	Warren Bax
5	Emmanuelle Convert	39	Ted Mulherin
6	Vivien de Remy de Courcelles	40	Jay Seeho
7	Matilda Saunders	41	Robert Bradley
8	Seth Sweeney	42	Marion Gledhill
9	Saffron Sweeney	43	Belinda Kinneally
10	Lachlan Coady	44	Lynn Dabbs
11	Graeme Hill	45	Constance Valais
12	Selwyn Sweeney	46	Barry Pearce
13	Aiden McQuillan	47	Thomas Spencer
14	James McQuillan	48	Maureen Fitzpatrick
15	John Murray	49	Rachel Merton
16	Martin Mansfield	50	Yvonne Fillery
17	Scott Henderson	51	Matt Hackett
18	Dan Smith	52	Lucas Coady
19	Janet Morris	53	Hamilton Kinneally
20	Barry Hanlon	54	Harvey Teoh
21	Malcolm Gledhill	55	Karen Bax
22	Deb Walsham	56	Andrew Hill
23	Silvia Teoh	57	Tiffany Palmer
24	Gary Farebrother	58	Tim Perry
25	Paul Sweeney	59	Kit Wong
26	Anthony Saunders	60	George Kinneally
27	Ian Miller	61	Samantha Teoh
28	Elliott McQuillan	62	Chris Chan
29	Steve Dunlop	63	Micaela Ashton
30	Nerise McQuillan	64	Blake Spencer
31	Levi Coady	65	Sue Moore
32	Jacinta Braidwood	66	Charlotte Palmer
33	Will Kay	67	Aurelie Valais
34	Karen Langan	68	Emma Inglis

69	Linda Chan	74	Jake Fuller
70	Dmitry Stukov	75	Justin Martin
71	Chelsea Olbrich	76	Thomas Olbrich
72	Tim Porritt	77	Finn McQuillan
73	Amelia Fuller	78	Zoe Fuller

You may be wondering how you become the Club Champion. Points are allocated for your performances during the year and the winner is the person who accumulates the most points. A weighting is applied to each result for age and gender. Completing more events increases your score. Harder courses score more points.

Barry Pearce keeps an eagle eye out for WHO members' results and his searches and meticulous counting are much appreciated.

In the 2022/23 WHO Championship:

- 78 Members participated in 1 – 58 eligible events\*
- 1291 entries processed
- Over 175,000 weighted points allocated
- Two members obtained over 7000 points
- The results are not separated by age or gender
- Five of the top ten were Female and five were Male

\* Eligible events are:

- International
- National
- State League
- Metro
- West Sydney Summer Series
- Sydney Summer Series
- WHO Organised events



## THE WHO SUMMER PROGRAM

The Western Series (WSOS) on Sunday mornings returns in February. The Sydney Summer Series is in full swing on Wednesday evenings with the next WHO organised events in March. Mark the dates in your diaries.

DATE	EVENT	LOCATION
Sun 4 Feb	WSOS #2	Rouse Hill Regional Park
Sun 11 Feb	WSOS #3	Lake Parramatta
Sun 18 Feb	WSOS #4	Fred Caterson Reserve, Castle Hill
Wed 21 Feb	SSS #21	George Thornton Reserve, West Pennant Hills
Wed 20 Mar	SSS #25	Don Moore Reserve, North Rocks



Savanna on the podium at the 2023 Australian Schools Championships

## HOT REMINDERS

**Xmas 5 Days on the Central Coast starts December 27.**

Best wishes for successful runs.



### 2024 ONSW Membership Renewals are due

Click on the blue links for how to [join](#), and how to [renew](#). 2024 fees are:

Senior	\$65
Junior 0 – 20 years old	\$10

**Current members must renew by December 31st or Eventor will add the non-member levy to each 2024 event entry fee.**

### SSS Anniversary Line Course movie

Richard Pattison has produced an 11-minute movie of the SSS line course at Manly Dam a few weeks ago. There were 8 cameras on the course to capture 90 minutes of raw action in 12 locations. The edited movie includes the map & GPS tracking in a side panel, plus narration throughout. Thank you to course setter Richard Morris and the volunteer camera crew (in control order): Ian Jessup, John Haddrick, Peter Hopper, Audrey & Tom Pattison. This link will open the movie in YouTube:

<https://youtu.be/EfZYVukXwWU>



## **SSS REPORT**

130 season tickets sold indicates the strength of this series in its 33rd season. Eleven rounds in and WHO members are doing well in the points score.

### **SSS Point Score – WHO Results**

Places are determined by the total points scored with the best 12 scores counting. The results after 11 (of 26) SSS events (maximum 1100 points) are:

#### **SSS Cup (top 3 from WHO)**

**James McQuillan** 1st with 1100 points  
**Graeme Hill** 7th with 1017 points  
**Emmanuelle Convert** 32nd with 893 points

#### **Minis**

**Harvey Teoh** 2nd with 400 points  
**Samantha Teoh** 3rd with 300 points  
**Shay Sweeney** 7th= with 100 points  
**Elliott McQuillan** 7th= with 100 points  
**Aiden McQuillan** 27th with 86 points

#### **Junior Women**

**Savanna Sweeney** 2nd with 738 points  
**Justine de Remy de Courcelles** 3rd with 697 points  
**Tiffany Palmer** 11th with 139 points

#### **Masters Women**

**Sylvia Teoh** 2nd with 716 points  
**Belinda Kinneally** 11th with 134 points  
**Charlotte Palmer** 16th with 57 points

#### **Veteran Women**

**Emmanuelle Convert** 5th with 893 points  
**Saffron Sweeney** 10th with 662 points  
**Deb Walsham** 11th with 427 points  
**Charlotte Palmer** 20th with 124 points  
**Michaela Ashton** 21st with 121 points  
**Rachel Merton** 26th with 82 points

#### **Legends Women**

**Anne Newman** 3rd with 629 points

#### **Immortal Women**

**Janet Morris** 3rd with 760 points  
**Marion Gledhill** 4th with 429 points

#### **Junior Men**

**Will Kay** 3rd with 653 points  
**Seth Sweeney** 19th with 100 points  
**Hamilton Kinneally** 29th with 75 points  
**George Kinneally** 51st= with 45 points

#### **Masters Men**

**James McQuillan** 1st with 1100 points  
**Andrew Hill** 21st with 90 points

#### **Veteran Men**

**Dan Smith** 32nd with 321 points  
**Paul Sweeney** 38th with 187 points  
**Gary Farebrother** 40th with 152 points  
**Vivien de Remy de Courcelles** 58th with 65 points

#### **Super Veteran Men**

**John Murray** 14th with 706 points  
**Tim Perry** 19th with 624 points  
**Scott Henderson** 22nd with 547 points  
**David Noble** 27th with 316 points

#### **Legends Men**

**Graeme Hill** 2nd with 1017 points  
**Martin Mansfield** 9th with 735 points  
**Steve Dunlop** 25th with 464 points

#### **Immortals Men**

**Ian Miller** 2nd with 845 points  
**Malcolm Gledhill** 5th with 627 points  
**Ted Mulherin** 9th with 433 points  
**Ken Sinclair** 17th with 38 points

(Ed. Apologies if I have missed anyone.)

The full results and point score list is at <https://www.sydneysummerseries.com.au/season/202324/points>

## **UPCOMING SSS EVENTS**

<b>DATE</b>	<b>LOCATION</b>
Wed 27 Dec	Manly
Wed 3 Jan	Woollahra
Wed 10 Jan	Turrumurra
Wed 17 Jan	Hunters Hill
Wed 24 Jan	Paddington
Wed 31 Jan	Chiswick

## ONSW ACTIVITIES

**2024 ONSW membership now due.**  
Seniors \$65, Juniors only \$10 for WHO members.

### **2024 State League Program**

<https://eventor.orienteering.asn.au/Events?startDate=2024-03-16&endDate=2024-09-10&organisations=5&classifications=Championship%2CRegional&mode=List>

### **Orienteering NSW Office Closure**

Friday 22nd Dec to Monday 8th Jan 2024.  
Our last day in the office is Thursday 21st Dec and first day back is Tuesday 9th Jan.

### **Diary Date:**

**ONSW AGM - Monday 11 March 2024**

## INTERSTATE EVENTS

### **High-O, Dinner Plain, Australia Day Weekend 26-28 January**

Five events, foot O and Bike O, at beautiful Dinner Plain in NE Victoria. All information and entry now up on [Eventor](#). Entries close 21 January.

### **Australian 3 Days 2024 – Entries Open**

Orienteering SA cordially invites orienteers, their friends and families to the Australian 3 Days 2024 (29 March to 1 April), set against the backdrop of the historic Adelaide Hills and Murraylands. Download Bulletin 1, enter events, book camping and order merchandise on [Eventor](#)

### **Zen and the Orienteer**

**For an orienteer there is no path.** The path is made by finding the control.

## OVERSEAS EVENTS

**WMOC 2024 in Finland** in the Turku region in Southwestern Finland from August 2-9, 2024. register now via [Eventor](#). The deadline for the cheapest entry is in the end of January 2024.

**Oceania Sprint Champs** January/February 2024.



**OCEANIA SPRINT CHAMPS 2024**  
New Plymouth & Auckland from 29 January - 8 February 2024

Iconic New Zealand places to orienteer  
2 days of sprint orienteering suited to all with a full week programme. Add the sun, surf and mountains and this is an ideal winter escape. Enter now on [eventor.asn.au](#)

[eventor.asn.au](#) [eventor.asn.au](#) [eventor.asn.au](#) [eventor.asn.au](#) [eventor.asn.au](#)

**NZ Sprint O Adventures Await!**

Get over to the wild islands for 'beyond the usual' sprint terrain. Smart sprint terrain maps are ready & waiting in two special volcanic locations in NZ.

After your New Year celebrations don't forget the Oceania Sprint Champs **entry deadline is at the end of the day on 14 January 2024 (NZ time)**. We are expecting entries to top well over 400, so there will be plenty of competition and people to compare your route with!

Take your summer break to the next level with top map spots and earn yourself a relaxing beach holiday to go with it.



## **ROGAINE NEWS**

### **LANE COVE RIVERGAINE V**

#### **Sunday 19 Nov 2023 RESULTS**

	<b>PTS</b>	<b>CLASS</b>	<b>PLACE</b>
James MCQuillan + Will Kay	3180	Overall M	3rd 3rd
Saffron + Savanna Sweeney	2510	Overall F W	24th 3rd 4th
Rachel Merton + Karen Shaw	2430	Overall W WV	33rd 7th 3rd
Anne Newman + Julian Ledger	2290	Overall XUV XSV XV X	44th 1st 6th 9th 19th
Emmanuelle Convert, Justine de Remy de Courcelles + Tania Horrocks	2070	Overall W F	52nd 13th 5th
Tim Porritt + Johnathon Green	1960	Overall M	64th 21st
Karen Langan + Eleanor Harris	1580	Overall WV W	87th 12th 22nd



**If golf is “a good walk ruined” then rogaïne is “a good walk enhanced”.**

### **Coming Events in 2024**

	<b>DATE</b>	<b>LOCATION</b>
3hr Minigaine	Sun 25 Feb	Northern Beaches
6hr Metrogaine	Sun 24 Mar	Lower Blue Mountains

### **More information at**

<https://nswrogaining.org/coming-events/>

## **LINKS OF INTEREST**

### **Explore NSW with Walks Near Me**

The Walks Near Me interactive digital map makes it easy to find amazing public spaces to enjoy across NSW.

**There's more than 800 walks to choose from** so you can explore new places and find hidden gems, near and far.

Plan your next daytrip with the Walks Near Me map.

[Discover walks near me](#)



# WHO RESULTS

## 2023 AUSTRALIAN CHAMPIONSHIPS CARNIVAL

### Middle Distance – Saturday September 30

	CLASS	PLACE	TIME
Selwyn Sweeney	M20E	15th	50:00
Seth Sweeney	M20E	16th	53:19
Levi Coady	M10A	3rd	16:43
Shay Sweeney	M14A	19th	32:31
Lachlan Coady	M16A	18th	54:03
Lee Coady	M35A	1st	51:51
Savanna Sweeney	W16A	13th	44:59
Matilda Saunders	W16A	29th	54:28
Saffron Sweeney	W50A	15th	95:09
Karen Langan	W55A	12th	68:50

### Relays – Sunday October 1st

Individual places are for their leg of the relay

	CLASS	PLACE	TIME
ONSW Team 3	M20E	9th	119:49
Seth Sweeney		5th	29:45
Selwyn Sweeney		9th	41:08
ONSW Team 1	M/W12A	5th	51:01
Levi Coady		5th	16:43
ONSW Team 2	M14A	7th	115:59
Shay Sweeney		9th	33:23
ONSW Team 1	M16A	5th	110:23
Lachlan Coady		5th	38:27
ONSW Team 1	M45A	2nd	101:33
Lee Coady		4th	37:37
ONSW Team 1	W16A	2nd	99:03
Savanna Sweeney		4th	22:28
ONSW Team 2	W45A	5th	130:03

Saffron Sweeney		6th	37:55
ONSW Team 3	MW Open	4th	84:31
Matilda Saunders		9th	37:06
ONSW Team 2	MW Open	8th	102:06
Karen Langan		10th	48:26

### 2023 AUSTRALIAN CHAMPIONSHIPS Long Distance – Saturday October 7th

	CLASS	PLACE	TIME
Seth Sweeney	M20E	18th	110:06
Selwyn Sweeney	M20E	20th	120:15
Levi Coady	M10A	1st	27:00
Shay Sweeney	M14A	18th	58:15
Lachlan Coady	M16A	15th	89:11
Lee Coady	M21E	12th	185:38
Savanna Sweeney	W16A	7th	57:34
Matilda Saunders	W16A	31st	86:52
Saffron Sweeney	W50A	11th	203:34
Karen Langan	W55A	5th	99:08
Lynn Dabbs	W70A	5th	63:11

### 2023 AUSTRALIAN CHAMPIONSHIPS Sprint Distance – Sunday October 8th

	CLASS	PLACE	TIME
Selwyn Sweeney	M20E	16th	20:34
Seth Sweeney	M20E	mp	
Savanna Sweeney	W20E	13th	20:22
Levi Coady	M10A	3rd	19:41
Shay Sweeney	M14A	16th	19:59
Lachlan Coady	M16A	19th	20:34
Lee Coady	M35A	3rd	20:09
Matilda Saunders	W16A	29th	22:53
Saffron Sweeney	W50A	6th	23:47

**Schools Sprint Championships  
Tuesday October 3rd**

	PLACE	TIME
<b>Boys 15 years and under</b>		
Lachlan Coady	17th	14:05
Shay Sweeney	32nd	16:23
<b>Girls 15 years and under</b>		
Savanna Sweeney	4th	13:47
(second Australian)		
Matilda Saunders	24th	18:24

**Schools Long Distance Championships  
Wednesday October 4th**

	PLACE	TIME
<b>Boys 15 years and under</b>		
Lachlan Coady	28th	69:49
Shay Sweeney	29th	71:14
<b>Girls 15 years and under</b>		
Savanna Sweeney	11th	60:15
Matilda Saunders	21st	69:36

**Schools Relay Championships  
Thursday October 5th**

Individual places are for their leg of the relay

	PLACE	TIME
<b>Boys 15 years and under</b>		
<b>ONSW Team 1</b>	2nd	84:16
Lachlan Coady	6th	32:40
<b>ONSW Team 2</b>	14th	165:34
Shay Sweeney	14th	61:34
<b>Girls 15 years and under</b>		
<b>ONSW Team 1</b>	6th	84:09
Savanna Sweeney	1st	22:46
Matilda Saunders	11th	36:39

**Kambarang Classic Day 1 - Sprint  
Tuesday October 3rd**

	CLASS	PLACE	TIME
Seth Sweeney	M A Hard	5th	13:16
Selwyn Sweeney	M A Hard	18th	15:55
Lee Coady	M C Hard	1st	14:59
Levi Coady	M F Easy	6th	15:10
Karen Langan	W C Hard	15th	24:03
Saffron Sweeney	W E Mod	3rd	27:09

**Kambarang Classic Day 2 - Long Distance  
Wednesday October 4th**

	CLASS	PLACE	TIME
Seth Sweeney	M A Hard	15th	64:09
Selwyn Sweeney	M A Hard	27th	76:21
Lee Coady	M C Hard	1st	44:11
Levi Coady	M F Easy	8th	40:15
Karen Langan	W C Hard	22nd	82:08
Saffron Sweeney	W E Mod	2nd	61:12

**Kambarang Classic Day 3  
Middle Distance - Thursday October 5th**

	CLASS	PLACE	TIME
Seth Sweeney	M A Hard	7th	38:28
Selwyn Sweeney	M A Hard	18th	45:34
Lee Coady	M C Hard	2nd	29:11
Levi Coady	M F Easy	9th	65:15
Karen Langan	W C Hard	21st	57:45
Saffron Sweeney	W E Mod	5th	54:19

## **ARTICLES OF INTEREST**

### **Orienteering may offer brain boost – article in Orienteering Australia E-News September 2023**

In an article in The West Australian, it was reported that taking part in orienteering may help ward off cognitive decline related to dementia, according to Canadian research. Researchers found study participants who took part in orienteering reported better spatial navigation and memory. "*When it comes to brain training, the physical and cognitive demands of orienteering have the potential to give you more bang for your buck compared to exercising only*", researcher Emma Waddington claims. You can attend orienteering events but you can also incorporate orienteering skills into your daily life by turning off the GPS and using a map to find your way when travelling or taking a new route for your walk, run or bike ride.

In the abstract to the research article, titled “Orienteering experts report more proficient spatial processing and memory across adulthood”, it suggests that the sport of orienteering is the closest surrogate to hunter-gather activity as it naturally and simultaneously combines high-intensity interval exercise with navigation. It goes on to say that although human cognition can be improved across the lifespan through exercise and cognitive training, interventions like orienteering may be especially effective because they resemble activities engaged in by prehistoric humans during evolution.

The present study tested whether orienteering experts have better hippocampal-dependent cognitive function than active, non-orienteering controls. One-hundred and fifty-eight healthy adults between the ages of 18 and 87 years old with varying experience in orienteering (none, intermediate, advanced, elite) reported on their spatial processing, spatial memory and episodic memory using the Navigational Strategy Questionnaire and the Survey of Autobiographical Memory.

Orienteering experts reported greater use of

allocentric and egocentric spatial processing and better spatial memory than controls. In contrast, episodic memory was not associated with orienteering expertise. Notably, the significant effects of orienteering on spatial cognition remained even after controlling for age, sex, and physical activity, suggesting that orienteering may be an effective intervention to prevent age-related cognitive decline in spatial navigation and memory.

This article published by Waddington and Heisz can be found here [10.1371/journal.pone.0280435](https://doi.org/10.1371/journal.pone.0280435)

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